

When Children Won't Eat: Picky Eaters versus Problem Feeders

Assessment and Treatment Using the SOS Approach to Feeding

DAY 1 :

- 7:00am to 7:30am Registration
- 7:30am to 7:45am **Conference Announcements**
- Host Introduction
 - Conference logistics and requirements to pass
- 7:45am to 9:30am **I. Introduction**
- A. Prevalence Data – Feeding Problems**
 - B. Prevalence Data – Growth Problems**
 - C. Complexity of Feeding/Eating & the Role of the Environment**
 - D. Tenets of SOS**
- 9:30am to 9:45am Break
- 9:45am to 11:45am **D. Top 10 Myths - Overview**
E. Appropriate Diagnoses to Use
- II. Feeding Theory & Milestones** - How children learn to AND not to eat
- A. Learning Theory**
 - 1. Feeding Therapy Options**
 - 2. Video**
- 11:45am to 12:45pm Lunch - On Your Own
- 12:45pm to 2:45pm **B. Myth 1 = Breathing**
C. Motor Skill Acquisition
D. Oral-Motor Skill Acquisition & Developmental Food Continuum
- 2:45pm to 3:00pm Break
- 3:00pm to 5:00pm **D. Oral-Motor Skills & Developmental Food Continuum – continued**
- 5:00pm to 5:15pm End of Day Quiz – open book

DAY 2:

- 7:30am to 9:45am **II. Feeding Theory & Milestones** - continued
- E. Sensory Skill Acquisition**
 - F. Understanding the Role of Sensory Processing In Feeding**
- 9:30am to 9:45am Break

DAY 2 continued:

- 9:45am to 11:45am **II. Feeding Theory & Milestones** – continued
G. Steps to Eating - Overview
H. Cognitive Development
- 11:45am to 12:45pm Lunch
- 12:45pm to 2:45pm **II. Feeding Theory & Milestones** – continued
I. Psychological Developmental Stages
- III. Treatment/Interventions**
A. General Treatment Strategies
1. Social Role Modeling
2. Structure/Routine
3. The Correct Use of Reinforcement
4. Accessing the Cognitive
- 2:45pm to 3:00pm Break
- 3:00pm to 5:00pm **III. Treatment/Interventions** - continued
A. General Treatment Strategies
3. The Correct Use of Reinforcement
4. Accessing the Cognitive
B. Food Jags
- IV. Assessment of Feeding Problems**
A. Assessment Process
B. Referral Candidates
- 5:00pm to 5:15pm End of Day Quiz – open book

DAY 3:

- 7:30am to 9:45am **IV. Assessment of Feeding Problems** - continued
C. Reasons Children Won't Eat
D. Child Factors
E. Environmental Factors
F. Parent Factors
G. Practice Video 1H. Practice Videos
I. Parents' Experience
- V. The SOS Approach to Feeding – Theoretical Requirements**
A. Systematic Desensitization
- 9:30am to 9:45am Break
- 9:45am to 11:45am **V. The SOS Approach to Feeding – Theoretical Requirements** - continued
B. Cues to Eating
C. Language Use

DAY 3 continued:

- 11:45am to 12:45pm **VI. *The SOS Approach to Feeding – Therapy Sessions*** - continued
D. Therapy Format - Child
1. Room Set-Up + Modifications
Lunch
- 12:45pm to 2:45pm **VI. *The SOS Approach to Feeding – Therapy Sessions*** - continued
D. Therapy Format – Child - continued
2. Session Structure & Routine
E. Therapy Format – Parent
F. Modifications Across Settings
G. Sensory Based Problem Solving
- 2:45pm to 3:00pm Break
- 3:00pm to 5:00pm **VI. *The SOS Approach to Feeding – Therapy Sessions*** - continued
H. Progression Across Sessions
I. Graduation Criteria & SOS Data
J. Building a Food Hierarchy
1. Requirements
- 5:00pm to 5:15pm End of Day Quiz – open book

DAY 4:

- 7:30am to 9:45am **VI. *The SOS Approach to Feeding – Therapy Sessions*** - continued
J. Building a Food Hierarchy
2. Practice
K. Hierarchy Strategies – Moving Children Up the Steps
1. Play techniques per Step
- 9:30am to 9:45am Break
- 9:45am to 11:45am **VI. *The SOS Approach to Feeding – Therapy Sessions*** - continued
K. Hierarchy Strategies – Moving Children Up the Steps - continued
1. Play techniques per Step - continued
2. Practicing hierarchy strategies
L. Hierarchy Strategies – Oral Motor Steps to Eating
- 11:45am to 12:45pm Lunch
- 12:45pm to 3:00pm** **VI. *The SOS Approach to Feeding – Therapy Sessions*** - continued
M. Video: Progression Within Session
N. SOS Data
- VII. *Managing Other Maladaptive Behaviors***
A. Intervention strategies – Perseveration & Vomiting
B. Emotion Based Discipline
- 3:00pm to 3:15pm End of Day Quiz – open book

** Registrants are expected to attend the course and participate fully for the entire length of each day (7:30am to 5pm, Days 1-3), and to stay at the course from 7:30am to 3:00pm on the last day in order to

receive their Certificate and their full CEU credits. Participants will miss crucial information needed to be able to correctly use the SOS Approach to Feeding program if they come late or leave the course early.